

~ OTHER RESOURCES AVAILABLE ~

Grief Counseling—MetLife

With Grief Counseling and related services provided by HRI, you, your dependents and your beneficiaries will have access to resources that help cope with the grief and practical challenges that accompany a loss. That's just one of the valuable services that come with your Metlife group life coverage.

Call 1-855-609-9989 or log on to
<https://griefcounseling.harrisrothenberg.net/default.aspx>

Username: Metlife Password: grief

(Full flyer available at EBP Front Desk)

NATIONAL GAMBLING HELPLINE

1-800-522-4700

NATIONAL SUICIDE PREVENTION HOTLINE

1-800-273-8255

NAVAJO NATION DIVISION OF BEHAVIORAL AND MENTAL HEALTH SERVICES (NNDBMHS)

(928) 871-6235/6240

Offices located at all

Navajo Nation Agencies and

Indian Health Services facilities.



We are here For YOU

If you are faced with problems that seem too big for you to deal with on your own or if you need to talk, contact the Counselor.

The only thing you have to lose is the problem.



Navajo Nation Employee Counseling Services

P.O. Box 1360
Window Rock, AZ 86515

Direct Phone: (928) 871-6530

Cell: (928) 206-7533

Fax: (928) 871-6408

www.isd.benefits.navajo-nsn.gov

E-mail: rondaroan@navajo-nsn.gov

Location:

Administration Building One
Second Floor
2559 Indian Route 100
Window Rock, AZ 86515

Mission Statement



Employee Counseling Services is committed to making a positive impact in the workplace and to help Navajo Nation employees and their immediate family members who may develop social, behavioral or health-related problems that could affect work performance

EAP is available to you and your dependents to address life issues such as:

- Gambling/Debt
- Depression
- Anxiety/Overwhelmed
- Stress Management
- Relationship and Family Problems
- Alcohol and other Drugs
- Parenting Challenges and Concerns
- Grief and Loss (Bereavement)
- Relationship with Co-workers and Managers
- Conflict Resolution at Home and Work
- Child and Adolescent Problems with School and Peers

Objective:

Counseling Services assists to reduce issues in the workplace and retain valued employees.

Employee Counseling Services (ECS) is an employee benefit offered in addition to your health insurance plan. ECS is intended to help employees deal with personal problems that might adversely impact their work performance, health and well-being. ECS generally includes an assessment, short-term counseling and referral services for employees and their immediate family members.

Confidentiality:

Confidentiality is of the utmost importance. All sessions are compliant and maintained through the Navajo Nation Privacy Act.

Types of Referrals:

- **Self-Referral:** The employee confidentially and voluntarily seeks assistance on their own.
- **Informal Referral:** The supervisor encourages the employee to contact ECS when the employee has a personal problem even though job performance has not been affected. (Employee is dealing with things such as a divorce, loss of a significant other through death, or a serious illness). It is helpful for the supervisor to remind the employee that ECS is ***available, free, and confidential.***
- **Formal Referral:** Supervisor must review and prepare records to see if referral is needed. Next, meet with employee and notify them that they are being referred. After, employee will either accept or reject ECS Referral. Finally, employee's progress will be monitored.
- **Family Referral:** Employee initiates assistance for their family member through the ECS.

Supervisor Referral Guide available at
www.isd.benefits.navajo-nsn.gov

